



**AIRE
OUVERTE**

AIRE OUVERTE ESTRIE

Project overview for our partners

Summary

(Re)thinking global health services (physical, sexual and mental health, lifestyle habits, relationships, emotions and life projects) with a vision of changing, integrating and updating practices through co-construction with and for youth and their families as well as with the community.



**INSPIRED BY
INTERNATIONAL
PROGRAM MODELS**

·FOUNDRY·
WHERE WELLNESS TAKES SHAPE

foundrybc.ca
British Columbia, Canada

 **headspace**
National Youth Mental Health Foundation

headspace.org.au
Australia

Targeted client groups

- + Youth from 12 to 25 years of age and their families living in Sherbrooke (other towns forthcoming)
- + Vulnerable and universal clientele
- + Particular attention paid to youth who abandon or infrequently use the services



Aire ouverte Estrie wishes to...

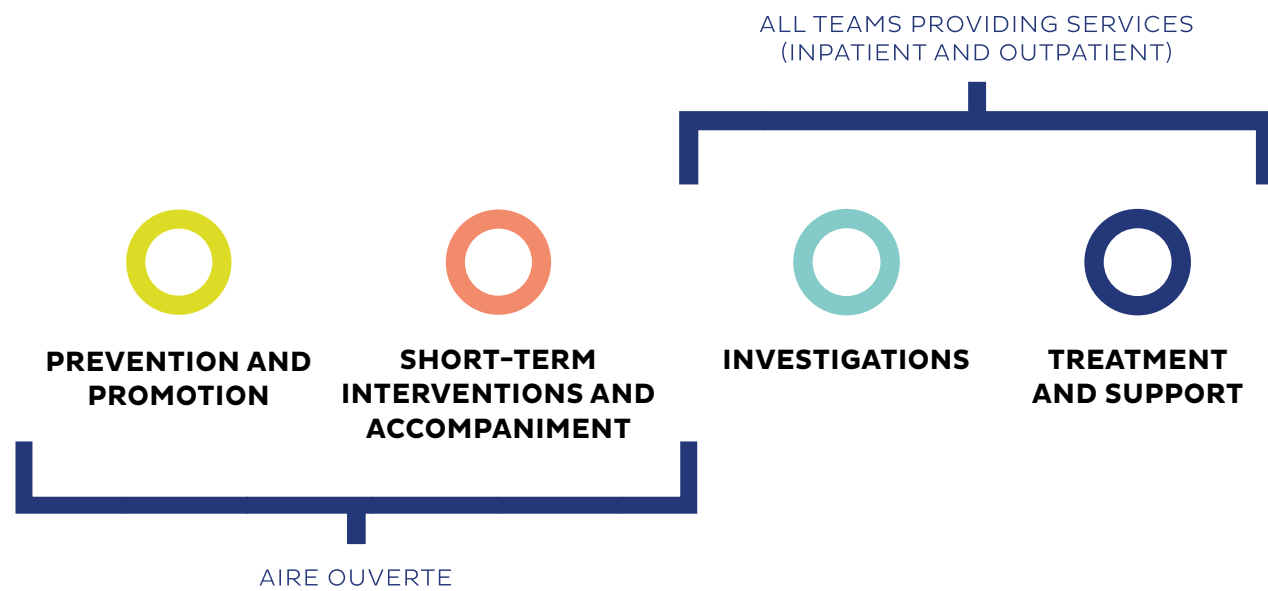
- + **NURTURE LEADERSHIP** towards a change of practice and the creation of better links among collaborators
- + **ADAPT** and **INNOVATE** together for a response centred on the global health needs of youth and their families
- + **IMPROVE** services accessibility and flexibility by playing a liaison role
- + **OPTIMIZE** digital methods and expertise (online appointments, social networks, virtual services, etc.)

Québec 



Philosophy and changes in practice

- + Engaging the participation of youth, family and partner committees in the process of co-construction
- + Deploying an “umbrella” approach with a multidisciplinary team composed of global health professionals and Sherbrooke community partners (currently accessible resources)
- + Accompanying youth in making decisions throughout the services they need with a caring and listening approach
- + Fostering supports towards independence and global health improvement
- + Offering complementary services to avoid service duplication



If you have any questions or comments, to receive our newsletter or to participate in the project, please email us at: aireouverte.ciusse-chus@ssss.gouv.qc.ca

Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke



Author
Équipe Aire ouverte Estrie in collaboration with our partners

Revision and layout
Service des communications
Direction des ressources humaines, des communications et des affaires juridiques

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santeestrie.qc.ca | September 2021

Services offered and modalities

- + In-person or virtual short-term individual interventions with and at partner's location (Aire Ouverte Estrie physical space forthcoming)
- + Personalized accompaniment to access existing specialized services (gateway to services) or to integrate competencies following a service or diagnosis
- + Group workshops and activities based on the promotion and prevention of global health (sexual, psychological, emotional, healthy living, relationships, addictions, etc.) and well-being with the objective of reaching out to youth who abandon or infrequently use the services
- + Day and evening availability offered by the multidisciplinary team (psychosocial worker, nutritionist, kinesiologist, sexologist). Other professionals are forthcoming
- + Wish to make a virtual space accessible without the need of a scheduled appointment

Services to clients will begin:

FALL 2021



Fanny Roy
(youth ambassador)



Mélissa Blandford
(parent ambassador)

Our ambassadors
Our ambassadors participate in the co-construction and decision making process with all of our partners in order to properly represent the needs of youth and parents!